

# Community Resource Tool



[AetnaBetterHealth.com/pennsylvania/aunt-bertha](https://AetnaBetterHealth.com/pennsylvania/aunt-bertha)

When a person thinks of being healthy, they think of not being sick or injured. They may also think taking vitamins, going to a doctor for a yearly checkup or taking medications prescribed by your doctor is all that is needed to stay healthy. While these are all important, there is more to consider when trying to get and stay healthy.

Your environment and conditions surrounding where you are born, live, learn, play, and work can impact your health. These conditions are known as Social Determinants of Health (SDoH).

## **There are different types of SDoH:**

### **Economic Stability**

- Being able to afford healthy food, healthcare, and housing
- Having access to high quality childcare opportunities so parents can find and keep jobs

### **Education Access and Quality**

- Being able to access a good school or attend college
  - Children have a greater chance of getting a good paying job

### **Healthcare Access and Quality**

- Living close to primary care providers and health care providers who offer services like cancer screenings
- Getting the education needed to understand your healthcare needs

### **Neighborhood and Built Environment**

- Living in a safe neighborhood
- Having access to safe air, water, and no lead exposure

### **Social and Community Context**

- Having the support from your family and community
- Fostering good relationships and not being a victim of bullying peers

Contact us for more information:

**1-866-638-1232 (PA Relay: 711)**

[AetnaBetterHealth.com/Pennsylvania](https://AetnaBetterHealth.com/Pennsylvania)



Aetna Better Health® of Pennsylvania

# Find the right resources

We want to help you find the right resources to meet your social needs.

Go to **[AetnaBetterHealth.com/pennsylvania/aunt-bertha](https://www.aetna.com/betterhealth/pennsylvania/aunt-bertha)** to find resources near you.

If you need help with community resources, we want to introduce you to the Pennsylvania Community Resource Tool. You can access it 24/7 on our website. This is a free online search tool that makes it quick and easy to find and request social resources!

Just type in your zip code and in a couple of seconds, you can choose from programs that cover your state, county, and even just your neighborhood.

## Services offered include:

- Food
- Housing
- Goods
- Transit
- Health
- Money
- Healthcare
- Education
- Work
- Legal assistance

You can even search for services that are specific to your cultural or ethnic needs or desires.

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**ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-385-4104 (PA Relay: 711).**

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (PA Relay: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (PA Relay: 711).